



# HERITAGE

**Happy New Year 2015! The Lowell Council on Aging (LCOA) is looking forward to another bright and cheery year filled with lots of fun filled events, and time spent with friends. Please be sure to take part in an upcoming event at your senior center.**

The winter is upon us. Travel maybe more of a challenge so remember Lowell Regional Transit Authority's, **"Road Runner Service"**. The Road Runner provides curb-to curb bus transportation with wheelchair accessibility. New clients will be asked to fill out a short application. The cost to use this option varies for each way (local). A two-day advance notice needed. Call (978) 459-0152 for more information.

**What is The Donut Hole everyone talks about?** If you have a Medicare Part D or Medicare Advantage Plan and do not get extra help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$196. Then you will pay 45% of the cost of brand name drugs and 65% for Generic. Think what that means, a \$300 brand name drug will now cost you \$135! The Massachusetts prescription drug assistance program can help pay for your prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web site: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

**Attention pool players:** Are you struggling with the challenge of making all the right shots? Do you have trouble holding both sticks when making a bridge shot or making the opening game shot? If so, it might be you may be suffering from arthritis, fibromyalgia or osteoporosis. If that is the case. I can help with a special formula called

"Bone Soup", remember we all stem from animals; as a result we must feed our bones.  
**RECIPIE:** 1 large chicken and some soup bones. Mix with ginger, garlic a large size chicken with feet, if you can get them; mix with ginger, garlic and a few of your favorite vegetables. Next fill a large pot to the top with water ---

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cook 3 to 4 hours, strain all the broth and repeat the process. Drink 8oz. of the broth in the morning and at night. Save the remaining broth and freeze.

You are now drinking the best broth nature can provide (Glucosamine, Chondroitin). The end result is you are now feeding your body the best nourishment your body will need; it tastes similar to beef broth, it will give you the zip your body needs and is surely will get back into the swing of things! **Please check with your physician if you are on a restricted diet.** *Pool Tip of the month: Slow down your back stroke.* — Compliments of Henry Cluff

In an effort to leverage existing technologies to further promote customer service, the City of Lowell has decided to establish **(978) 674-4000 as the City's main or primary telephone number, on which it will also implement an "automated attendant"**. The automated attendant feature is intended to better assist callers by directing to the appropriate City service or department effective.

**Callers wishing to reach the Office of the City may now reach the office by calling (978) 674-4400 directly.** When calling (978) 674-4000, callers will be greeted by the automated attendant, and given the option to either directly dial the extension of the department or **any** individual they are attempting to reach, select from a list of frequently called City services, select from a list of frequently called City departments, or reach out to a staff member during business hours.

The Lowell COA would like to thank the Pollard Memorial Library for updating the software on the COA Library annex computers. The internet speed is showing a great improvement!

*All of us at the Lowell COA hope to see your smiling faces soon and again, wish you a very happy, healthy and prosperous New Year 2015!*

**HAPPY  
NEW  
YEAR**

**2015**

**CITY MANAGER**

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\* \*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov

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**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm

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**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm

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**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowellma.gov  
Tuesday-Thursday 10 am to 2 pm

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**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Monday-Friday Noon to 3 pm

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**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm

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**S H I N E (Serving Health Insurance Needs for Elders)**

Joan Gong 978-674-1172

First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call

Tara at 978-674-1172 or 978-458-1465

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**Pollard Library 978-674-8634**  
**COA Library Annex 978-970-4186**

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**Lowell Senior Center Hours of Operation:**  
Monday—Friday: Open 6:00 am to 4:00 pm  
Lunch served at 11:30 am  
Saturday—Sunday: Open 7:00 am until 12 noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Eleanor Belanger**Joyce Dastou**Andrew Hostetler**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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**Next meeting: Monday,  
January 12th at 9:00am****FRIENDS of the  
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

**VICE PRESIDENT**

Rita M. Mercier

**TREASURER**

Jacqueline Denison

**SECRETARY**

Claire Brodeur

**DIRECTORS**

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

Office hours vary

Call 978-674-1172

**Next meeting — January 30th  
at 9:30 a. m.**

Public welcome

**BINGO Committee**Chairman — Lenny Gendron  
Vice Chairman — Roland Thibeault  
Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101. All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds if you do not purchase insurance. The office is now open from 6:00 a. m. to 2:00 p. m. Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

## DAY TRIPS

**January 11, Sunday ... Elvis' 80th Birthday Bash.** If Elvis had lived, the King of Rock and Roll would have turned 80 in January, 2015. Join Jeff Krick in his tribute to Elvis at the Hu Ke Lau in Chicopee Mass. Jeff is the #1 Elvis tribute artist in the country! Choice of prime rib or baked scrod. Departs TBA. Cost \$89.

**February 16, Wednesday ... Twin River Casino.** Round trip motor coach. \$10 Casino bonus. \$7 food. (buffet is \$11). Cost \$30. Depart from the Ayotte Garage

**March 10, Tuesday ... "Tony Kenny's Irish Cabaret" @ Venus De Milo** This year we bring in from across the Pond Tony Kenny's Irish Cabaret with an award winning cast Direct from Dublin Ireland. Enjoy an amazing Irish celebration with Song, Comedy, and of course Irish Dancers. A show not to be missed. Meal choice: Corned Beef & Cabbage Cost \$65.00 Departs LCOA @ 9:15 Roger's Bus

**March 12, Thursday ... "The McTougas Brothers & the Black Velvet Band"** For enjoyable Irish Party @ The White's of Westport: Meal choice Corned Beef & Cabbage or Baked Scrod. Cost \$54.00 Departs LCOA @ 9:15 Roger Bus

**March 26, Thursday ... Newport Playhouse "When the Cats Away: When Mildred and Ethel go off on a trip to Paris, the "mice will play."** Egged on by Ethel's philandering husband Humphrey Pomfrey, George agrees to invite two charming little sex kitten over. Well, you already know what happens, don't you? The wives come home prematurely! Cost \$55.00

**April 17, Friday ... Bingo Bonanza at Wrights Farm Restaurant.** Prizes galore with gift cards & more! Including famous family style Chicken Dinner. Cost \$34.

**May 23, Saturday ... Newport RI Schooner & Mansion.** Visit the historic mansions of Newport RI along Ocean Drive before a tour at The Breakers, the "Grandest" of the summer homes. Enjoy the Days of sailing as you sail Newport Harbor aboard the classic schooner Madeleine. Cost \$109.

**August 26, Wednesday ... Portsmouth & the Gundalow Cruise.** The boats are shallow draft boats that were used to haul freight along the Piscatqua River. The boats have been recreated to provide educational tours. The boats are easily accessible and provide a fun way to learn about our maritime heritage. After the cruise enjoy lunch at the Common Man followed by a visit to Stonewall Kitchen, When Pig's Fly Bread sampling, & a photo op at Bubble Light. Cost \$89. Depart from the Ayotte Garage

## OVERNIGHT TRIPS

**January 31- February 7, Saturday— Saturday ... M CS Divina Caribbean Cruise. Passport required.** This is an ideal winter break! All meals and nightly entertainment incl. Inside cabins \$399. pp Balcony cabins \$599.pp . Leaves by air from Manchester, NH. Air fee \$330.pp, Gratuities and transfers \$121.pp, Cancellation penalties apply — Insurance Available. Tye's Top Tour & Travel, Credit card call 1-800-374-6819 or make checks payable to Lowell Senior Center.

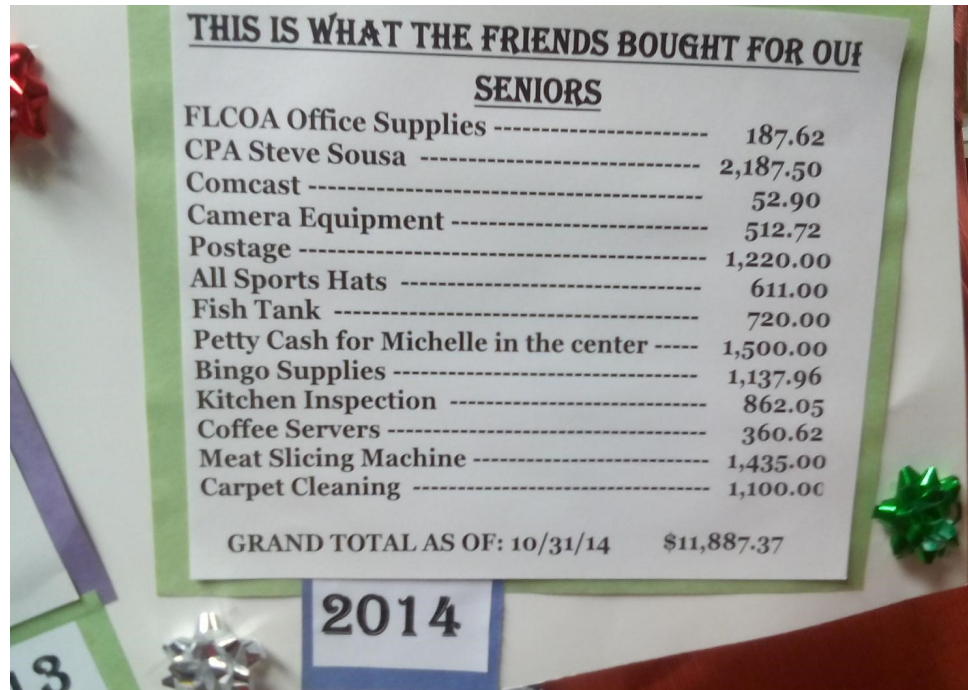
**March 16 —18, Celebrate St Patrick's Day and Escape at the Irish Village on Cape Cod.** Features include: Stop at the JFK library & at the Plymouth Winery, 2 nights of Irish entertainment, 3 breakfasts, 2 dinners, 1 lunch, and admission to Glass Museum. \$299. dbl., \$289. tpl, \$399. sgl. Tye's Top Tour & Travel Credit card call 1-800-374-6819 or make checks payable to Lowell Senior Center.

**March 29-31, Sunday—Tuesday ... Atlantic City Escape at the Tropicana.** Round trip motor coach. 2 nights at the Tropicana Resort, \$30 slot play. 2 \$25 food credits. Tax and baggage service. Cost \$220 dbl, \$210 trp, \$299 sgl.

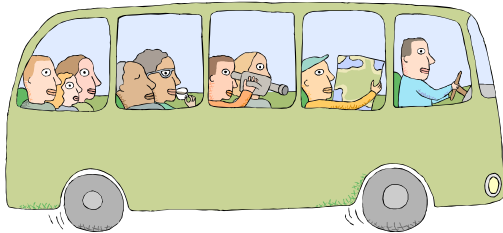
**June 7-13, Sunday—Saturday ... Southern Charm** featuring Historic Charleston in South Carolina, Savannah, Jekyll Island, and St. Simons Island in Georgia, St. Augustine & Jacksonville in Florida. 7 days, 9 meals (6 breakfasts, 3 dinners). Cost includes: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers. Trip includes guided tour, museums, gardens, & tram ride. Cost \$2,399 dbl, \$2,999 sgl, \$2,369 tpl. Book by December 8, 2014 and save \$100 per person.

**June 15-17, Tuesday—Thursday ... Boothbay Harbor.** Tour features: round trip motor-coach, 2 nights at Fisherman's Wharf Hotel with tax and baggage service, 2 breakfasts, 1 dinner, Cabbage Island clambake, Carousel theater with dinner & entertainment, Shipyard Brewery tour with tasting and Coastal Maine Botanical Gardens. Tye's Top Tour & Travel 1-800-374-6819. Cost \$349 dbl, \$429 sgl, \$339 tpl.

**October 28—November 4, Wednesday—Wednesday ... Irish Splendor** featuring Dublin, Blarney Castle/Stone, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Incls: round trip air from Logan Intl Airport, taxes, fees,



THIS IS WHAT THE FRIENDS BOUGHT FOR OUR	
SENIORS	
FLCOA Office Supplies -----	187.62
CPA Steve Sousa -----	2,187.50
Comcast -----	52.90
Camera Equipment -----	512.72
Postage -----	1,220.00
All Sports Hats -----	611.00
Fish Tank -----	720.00
Petty Cash for Michelle in the center ----	1,500.00
Bingo Supplies -----	1,137.96
Kitchen Inspection -----	862.05
Coffee Servers -----	360.62
Meat Slicing Machine -----	1,435.00
Carpet Cleaning -----	1,100.00
GRAND TOTAL AS OF: 10/31/14      \$11,887.37	



## Roger's \$5.00 Trips

*Ages 60 to 101.*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### January 2015 tickets on sale January 2nd

Monday ... 5th ... Weathervane & Christmas Tree  
 Thursday ... 8th ... Ikea shopping & Lunch  
 Tuesday ... 13th ... China Buffet & shopping  
 Friday ... 16th ... Quincy Market  
 Thursday...22nd ... Hungry Traveler & Tom's Discount  
 Monday ... 26th ... Wegman's Market — *Like no-other*  
**(NEW-Upscale grocery store plus shopping nearby)**  
 Thursday ... 29th ... Café Luigi's & shopping

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### February tickets on sale January 30th

Friday ... 6th ... Walmart & Grand Buffet  
 Thursday . 12th .. Denney's & Rockingham Mall  
 Friday ... 20th. . .Manchester Mall  
 Friday ... 27th. . .Weathervane

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.



## **Women's Self-defense Class**

Wednesday, March 4, 6-8pm,  
at the Lowell Senior Center

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### **Did You Know?**

Members from other centers can check-in using their swipe card on our computer at the Lowell Senior Center! We know there are lots of seniors who prefer to go to a variety of centers within the MySeniorCenter network. They may live near a few centers, or may be snowbirds. Whatever the case, we encourage this! So now any and all members from any other center can check in at Lowell and vice-versa Lowell members are able to sign-in at other centers!

### **Do you have a conflict with your Neighbor or Family member? Are you trying to resolve an issue with a Business?**

Perhaps we can help. MCC Law Center works in cooperation with the Office of the Massachusetts Attorney General and provides free mediation services to residents in the Greater Lowell Area. We provide consumer protection, community and court mediation services. For more information please contact us at (978) 656-3342 or visit our website at <https://www.middlesex.mass.edu/lawcenter>

Mediation is: FREE, Confidential, A collaborative process, Allows flexible agreements that meet parties needs, & Can help improve future relationships. Mediators: Are trained professionals and Help facilitate conversation between the two parties in order to reach an agreement.

We do not: Give legal advice, Legally represent any party. Nonetheless, we have helped resolve between 70-80 percent of the cases mediated.

## **SHINE**

Counselor's New Hours effective January 2015

Starting in January 2015, you no longer need an appointment to see the SHINE counselor. The counselor will be available to help those with Medicare issues on a first come/first served basis on Monday mornings from 8:30 am to 10:30 am. Please make sure you call the senior center at 978-674-1172 to check that the SHINE counselor will be there before arriving.

We are making this change because of the significant number of people not keeping their appointments and not calling to cancel. This meant that people really needing to see a counselor were unable to do so.



Nothing is as important as taking care of our health, that is why we wanted to announce that Life Line Screening will be performing a day of preventive health screenings at Lowell Senior Center on Tuesday, February 17, 2015. This collaboration helps bring important health tests to our community at an affordable price. The tests look for signs of disease that can lead to stroke, heart attack or bone fracture.

Life Line Screening scans for potential health problems related to: blocked arteries, which is a leading cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta, the 13th leading cause of death in America; hardening of the arteries in the legs, which is a strong predictor of heart disease; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

The cost for a Wellness Package is \$149.00. You must pre-register. Appointments are limited, so please sign up now by calling 1-800-690-0323 and receive a \$10 discount off the package or visit Life Line Screening's website at [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—  
12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month

ONLY IF 5 or more people sign-up  
before the 1st Friday of that month.

1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer

sessions every Wednesday from  
10:00—11:00 am

**Affordable Hearing with**

**Christopher Streeter**—Hearing  
Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9—  
11 am. Please call 978-674-1172 for  
appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please  
call 1-978-758-5378.



with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in  
one hour!)*

## AARP Tax-Aide Program

AARP Tax-Aide Volunteers will be at the Senior Center from February to April 2015 to prepare tax returns for the upcoming tax season. We will start taking appointments in mid- to late- January 2015; however, The IRS and AARP have established some new requirements to comply with new tax laws and to minimize the possibility of identity theft so please read this carefully before you make your appointment.

1. We can prepare returns for low- to moderate-income individuals/families using standard forms. We cannot prepare returns for rental income, home mortgage foreclosure debt, businesses that have losses, non-cash contributions \$500, or employee expenses.
2. Each taxpayer must bring photo identification.
3. Taxpayers must bring documentation showing full names and social security numbers for each person (taxpayers and dependents) listed on the return. Documentation can be a social security statement, social security card, or Medicare card with an A at the end.
4. Taxpayers who want to direct deposit their refund or have their payment pulled from their bank account must bring their checkbook or other official bank documentation showing both the bank routing number and account number. Note that deposit slips do not provide enough information so cannot be used.
5. Federal and state laws require that everyone has health insurance for the entire year so taxpayers must bring proof of insurance for all people included on the return. For taxpayers on Medicare, Medicare Part A and/or a Medicare Advantage plan is considered acceptable coverage.
6. Taxpayers filing for the Massachusetts Senior Circuit Breaker Credit must bring copies of all real estate tax and water/sewer bills PAID in 2014.

If you have any questions about whether we can do your return or if you have the right paperwork, please call the senior center before scheduling your appointment. A tax-aid volunteer will return your call to discuss your specific situation.

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### **ATTENTION SENIORS**

AARP Volunteers Tax Preparers will be back in February 2015. Please call Tara (After Jan.15th) to schedule your appointment, 978 674-1171.

## Getting Fit & Staying Fit

## YOGA

with Diana Kyricos

Wednesdays 10-11 am

(Mondays will begin April 6)

\$5.00 per class

Benefits? Helps with arthritis,  
flexibility, strength, mobility, range of  
motion, pain, high blood pressure,  
breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

Diana@atmamoves.com



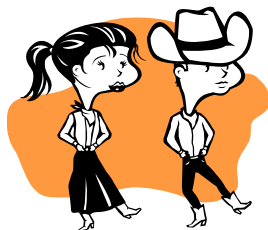
**Mah-jongg**

Mondays

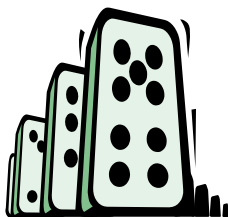
12:00—4:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!

## **Merrimack Valley Food Bank, Inc.**

### **Mobile Pantry Program**

### **VOLUNTEERS NEEDED**

The Merrimack Valley Food Bank's Mobile Pantry is a community based program providing nutritious food and health information to home-bound elderly and disabled individuals living in the Greater Lowell area.

Groceries are delivered once a month to eligible clients and volunteers are needed to deliver food in Billerica, Chelmsford, Dracut, Lowell, Tewksbury and Tyngsboro.

Volunteers use their own vehicles and delivery schedules are made up according to the person's availability.

Please contact Suellen O'Neill, Mobile Pantry Program Director at 978-454-7174, [soneill@mvfb.org](mailto:soneill@mvfb.org) for information and training schedules.

**Pull-Tab Program**

The Senior Center has a program to SAVE THE TABS. Tabs are collected from cans of soda, soup, etc. to support the Shriners. Bring the tabs from your aluminum cans to the reception desk in the main lobby of the Senior Center.

**Golden Age Passport**

The Federal Parks has a "Golden Age" Passport lifetime pass to entrance all National Parks, Monuments or other Federal Sites for senior 62 or older. There is a one-time fee of \$10. Apply in person or send to Boston Natural Historical Park Visitor Center, 15 State Street, Boston, MA or call 617-242-5642.

**Quilting Lessons**Newcomers'  
welcome!Wednesdays  
12:30—3:00 pm**TAI CHI**Fridays \$3.00 per class  
10 a. m.Tuesdays 5.00 per class  
10:15 a. m.

8 weeks for 24.00

Or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis!

Acupressure Points also taught:  
for headaches, stress, upset stomach & more!

**Knitting & Crochet Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!





*In celebration of MLK Day,*

*Lowell Senior Center is proud to sponsor  
with CTI's Senior Corps a*

## **CHILDREN'S BOOK DRIVE**

*On FRIDAY, JANUARY 16, the day  
of our Dinner Dance!*

*To benefit the children and grandchildren of our  
veterans and active duty service men and women*

*Please bring a NEW children's book to our  
dinner dance or drop off earlier in the day. A  
collection box will be by the front desk.*

*The books will be distributed to local programs  
serving our military families by the end of January.  
Dr. Martin Luther King, Jr. once said "Life's most persistent and  
urgent question is:*

*What are you doing for  
others?" This MLK Day project  
provides an opportunity to show we  
want to support and recognize  
military families and their children.  
The gift of a children's book promotes  
the joy of reading within families and  
encourages reading achievement for  
children. Thank you for your help!*

If you have any questions about  
this drive, please contact Gladys Santiago,  
978-654-5673 or  
[gsantiago@commteam.org](mailto:gsantiago@commteam.org). or Michelle  
Ramalho, 978-970-4131 or  
[mmamalho@lowellma.gov](mailto:mmamalho@lowellma.gov).



## **Card Making Class**

**(Winter Break)**

Wednesday,  
February 18th  
9:30 am



First come, first  
served basis. RSVP  
to reserve your  
spot. See Tara.

## **YOGA for VETs**

with Diana Kyricos  
Wednesdays  
11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we  
cover meditation and movements  
for posture, flexibility,  
coordination, and strengthening  
of the whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

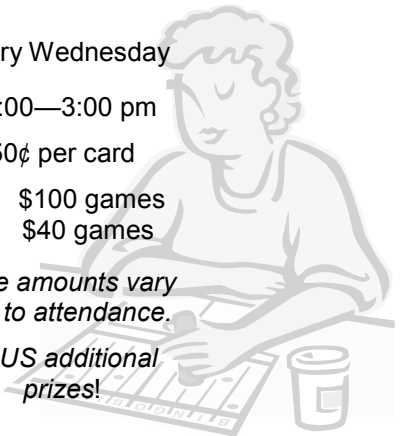
50¢ per card

6 \$100 games

10 \$40 games

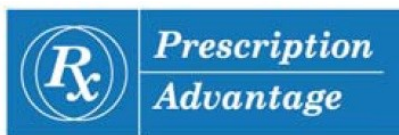
Prize amounts vary  
due to attendance.

PLUS additional  
prizes!



*Looking for things to do or places  
to go any time of the year:  
remember...you can always visit:  
[CityofLowellCalendar.org](http://CityofLowellCalendar.org) to learn  
about super events happening in  
the city!*





## **Are you a member of Prescription Advantage?**

Your Prescription Advantage benefits begin when the total cost of your covered prescription drugs in calendar year 2015 reaches \$2,960. Total cost is the amount your drug plan pays and the amount you pay in co-payments for prescription drugs. Once your drug costs reach \$2,960, Prescription Advantage will pay for prescription drugs covered by your drug plan.

As a member of Prescription Advantage, you are entitled to a one-time Special Election Period (SEP) each year that allows you to join or change a Medicare drug plan outside of Medicare's open enrollment period.

### **Important Changes Regarding Diabetic Medications and Supplies**

As of January 1, 2015, Prescription Advantage will no longer cover diabetic supplies such as glucometers, blood sugar test strips, lancet devices, and lancets. These supplies may be covered by your Medicare Part B (Medical Insurance). Prescription Advantage will only cover diabetic supplies that are covered by your primary Medicare or creditable coverage prescription drug plan. This includes supplies used to administer insulin such as syringes, needles, alcohol swabs, gauze, and inhaled insulin devices.

Prescription Advantage will continue to provide secondary coverage for diabetes medication covered by your primary prescription drug plan. This includes insulin (not used with an insulin pump) and anti-diabetic drugs used to control blood sugar.

If you have questions about diabetic supplies covered by Medicare Part B, call Medicare directly at 1-800-MEDICARE (1-800-633-4227).

To receive coverage from Prescription Advantage, you must be enrolled in a Medicare Part D plan, a Medicare Advantage plan that includes drug coverage, or a plan offering creditable coverage.

Remind your pharmacist that Prescription Advantage is your secondary prescription drug coverage. Always present your Prescription Advantage card along with your Medicare drug plan or other prescription insurance card when you fill your prescriptions. If you use mail order, you must let your mail order company know that you are a Prescription Advantage member.

If you have questions, please contact Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.

**Did YOU reach the "donut hole" last year?** If so... chances are you could reach it again! This is where Prescription Advantage can help. To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web-site: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

## **Anxiety Support Group**

with Steve Coupe

Fridays  
2:00—3:45 pm




## **Fallon Senior Plan Meeting**

Monday,  
?  
10:00 am

Sales presentation



| MONDAY                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>January</b><br><br>5. 7-9 Breakfast Program 50¢<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk<br>10 Hula Dancing w/ Kim Stevens<br>10-11 Yoga for Seniors \$5<br>10-1 SHINE councilor—<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B  | 6. 7-9 Breakfast Program 50¢<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br><b>10:15-11 Tai Chi -\$24 (8weeks) Or \$5 walk-in</b><br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet | 7. 7-9 Breakfast Program 50¢<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together | <b>CLOSED 1.</b><br><br><b>HAPPY NEW YEAR 2015!</b>                                                                                                                                        | <b>2.</b><br>7-9 Breakfast Program 50¢<br>8:00 Foot Doctor McNamara<br>9:30 Personal Computer/ Tablet Assistance with Pierre<br>10-11-Tai Chi (new class)<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00<br>2-3:45 Anxiety Support Group with Steve Coupe                                             |
|                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                         |
| 12. 7-9 Breakfast Program 50¢<br>8:30 CTI Bone Builders A<br>9:00 COA BOARD MEETING<br>9:00 Getting Fit w/Marian Silk<br>10-Fallon Health Care<br>10 Hula Dancing w/ Kim Stevens<br>10-11 Yoga for Seniors \$5<br>10-1 SHINE councilor—                                                                                                                 | 13. 7-9 Breakfast Program 50¢<br>8-10 LVNA Blood Pressure<br>8:30 CTI MTG—Mandatory<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>NO Country Line Dancing<br><b>10:15-11 Tai Chi -\$24 (8weeks)</b><br><b>Or \$5 walk-ins</b>                                                                 | 14. 7-9 Breakfast Program 50¢<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5                                                                              | 15. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B | 16. 7-9 Breakfast Program 50¢<br>9:30 Personal Computer/ Tablet Assistance with Pierre<br><b>10 am-Tai Chi \$3</b><br>10-3pm- Dinner Dance \$7,<br>DJ David Garnick,<br>Boneless Pork Roast<br>11:30-3:45 Poker<br>11:45 Wii Games                                                                                                                      |
| 9. 7-9 Breakfast Program 50¢<br><b>9:00 Veterans Breakfast , CTI-Roland Cartier: hosting Surprise Veterans!</b><br>9:30 Personal Computer/ Tablet Assistance with Pierre<br><b>10 am-Tai Chi \$3</b><br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00,<br>2-3:45 Anxiety Support Group with Steve Coupe | 8. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                                                   | 7. 7-9 Breakfast Program 50¢<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together | 8. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B  | 9. 7-9 Breakfast Program 50¢<br><b>9:00 Veterans Breakfast , CTI-Roland Cartier: hosting Surprise Veterans!</b><br>9:30 Personal Computer/ Tablet Assistance with Pierre<br><b>10 am-Tai Chi \$3</b><br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00,<br>2-3:45 Anxiety Support Group with Steve Coupe |

|                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                |                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12-3-45 Bid Whist Cards<br>11:30 Lunch (see menu) \$2<br>12-4pm MAH-JONGG                                                                                                                                                                                                                                                                   | <div><div>MARTIN LUTHER KING JR<br/>MAKE IT A DAY ON<br/>DAY OF SERVICE<br/>NOT A DAY OFF</div><div></div></div> <div><b>Closed</b><br/><b>19.</b><br/><b>Martin Luther King Jr. Day</b><br/><b>observed</b></div>                                              | 7-9 Breakfast Program 50¢<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing \$5<br><b>10:15-11 Tai Chi -\$24 (8weeks) Or \$5 walk-ins</b><br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet                                                     | 20.<br>7-9 Breakfast Program 50¢<br>8:30-9:25 Getting Fit w/<br>Marian Silk \$2<br>8:30-9:30 CTI Bone Builders<br>A<br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get<br>together                           | 21.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian<br>Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 22.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian<br>Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 23.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance with Pierre<br><b>10 am-Tai Chi \$3</b><br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00<br>2-3:45 Anxiety Support<br>Group with Steve Coupe                         | 2-3:45 Anxiety Support<br>Group with Steve Coupe                                                                                                                                                                                                                                               |
| 7-9 Breakfast Program 50¢<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk<br>\$2<br>10-11 Yoga for Seniors \$5<br>10 Hula Dancing w/ Kim<br>Stevens<br>10-1 SHINE councilor—<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 26.<br>7-9 Breakfast Program 50¢<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk<br>\$2<br>10-11 Yoga for Seniors \$5<br>10 Hula Dancing w/ Kim<br>Stevens<br>10-1 SHINE councilor—<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 7-9 Breakfast Program with a<br>suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br><b>10:15-11 Tai Chi -\$24 (8weeks) Or \$5 walk-ins</b><br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12 NOON Brown Bag Pick Up<br>Noon Cribbage<br>12-3 Knitting & Crochet | 27.<br>7-9 Breakfast Program 50¢<br>8:30-9:25 Getting Fit w/<br>Marian Silk \$2<br>8:30-9:30 CTI Bone Builders<br>A<br>9:30-11:30 Blood Pressure<br>with Albert Gauthier, RNBP<br>9:30 Card Workshop \$5<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get<br>together | 28.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian<br>Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 29.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit w/Marian<br>Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders | 30.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance with Pierre<br>9:30 Friends meeting<br><b>10 am-Tai Chi \$3</b><br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00<br>2-3:45 Anxiety Support<br>Group with Steve Coupe | 7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance with Pierre<br>9:30 Friends meeting<br><b>10 am-Tai Chi \$3</b><br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00<br>2-3:45 Anxiety Support<br>Group with Steve Coupe |

# SPONSORS




# January Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

| Sunday                                                                     | Monday                                                                                            | Tuesday                                                                 | Wednesday                                                                  | Thursday                                                                        | Friday                                                                      | Saturday                                                                               |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
|                                                                            |                                                                                                   |                                                                         |                                                                            | 1.<br>CLOSED                                                                    | 2. Mac'n<br>Cheese, stewed<br>tomato, broccoli,<br>wheat bread,<br>apricots | 3. Baked Ham,<br>potatoes, peas,<br>wheat bread, pears                                 |
| 4. Pork Chops,<br>potatoes, green<br>beans, rolls,<br>peaches              | 5. Spaghetti,<br>meatballs, garlic<br>bread, fruit salad                                          | 6. Chicked<br>Dippers, rice,<br>carrots, wheat<br>bread, fruit<br>salad | 7. Stuffed Peppers,<br>corn, wheat bread,<br>mandarin oranges              | 8. Vegetable<br>lasagna, wax<br>beans, garlic<br>sticks, peaches                | 9. Fish Cakes,<br>potatoes, peas,<br>wheat bread,<br>yogurt, juice          | 10. American Chop<br>Suey, beets, wheat<br>bread, apricots                             |
| 11. Roast Beef,<br>potatoes, green<br>beans, wheat<br>rolls,<br>pineapples | 12. Chicken leg,<br>rice pilaf,<br>broccoli, wheat<br>bread, mandarin<br>oranges                  | 13. Hot Dogs &<br>Beans, hot dog<br>rolls, coleslaw,<br>banana          | 14. Shepard Pie,<br>beets, rye bread,<br>pears                             | 15. Liver &<br>Onions, potatoes,<br>wax beans, wheat<br>bread, pineapples       | 16.<br><br>DINNER<br>DANCE                                                  | 17. Hamburger &<br>Onion, brown<br>gravy, potatoes,<br>peas, wheat bread,<br>fruit cup |
| 18. Chicken<br>thigh, garden<br>salad, rye<br>bread, peaches               | 19. CLOSED<br> | 20. Beef stew,<br>wax beans, rye<br>bread, pudding,<br>juice            | 21. Stuffed<br>Cabbage, wax<br>beans, wheat bread,<br>apricots             | 22. Chicken<br>Cacciatore, rice,<br>green beans,<br>wheat bread, fruit<br>salad | 23. Fish Sticks,<br>potatoes, peas,<br>wheat bread,<br>peaches              | 24. Pork Pie,<br>potatoes, peas, fruit<br>cup, orange slices                           |
| 25. Roast Pork,<br>potatoes,<br>mixed<br>vegetables, rye<br>bread, yogurt  | 26. Salisbury<br>Steak, potatoes,<br>peas, wheat<br>bread, apricots                               | 27. Chicken ala<br>King, rice,<br>biscuits,<br>pudding, juice,<br>apple | 28. Chicken Breast<br>Filet, rice pilaf,<br>peas & carrots,<br>wheat bread | 29. BBQ Beef<br>Ribbs, potatoes,<br>mixed vegetables,<br>wheat bread,<br>Jell-O | 30. Baked Scrod,<br>potatoes, wax<br>beans, wheat<br>rolls, peaches         | 31. Chicken Patties,<br>rice, peas & carrots,<br>rye bread, pudding,<br>juice          |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.



## **Anxiety in Overdrive**

If a world existed where we all happily chilled on a beach day in and day out, we would probably never feel anxious, but we would also never get anything done. The reality is that many of us have a lot to do each day, and a little anxiety can sometimes motivate us to get it done.

However, there is a fine line between anxiety pushing you to meet or exceed the demands on your plate and being so anxious about them that you cannot work efficiently, have fun with friends, spend quality time with family, or fall asleep.

When anxiety impacts your life in negative ways, we refer to this as an anxiety disorder. There are several types of anxiety disorders, including panic disorder, phobias, and generalized anxiety disorder.

A panic disorder, or having “panic attacks,” is a serious condition. During a panic attack, a person is overcome with fear without a real reason or even without warning. These sudden attacks of fear and nervousness are often accompanied by sweating, dizziness, and a fast heart rate. What’s challenging about a panic attack is the fear can occur in a situation which often is not threatening. What’s worse: people get panicked about having another panic attack, which creates a vicious cycle.

Generalized anxiety disorder is a common form of anxiety and is defined as an exaggerated worry and tension over everyday events and decisions. It’s basically worrying about “anything and everything.”

Phobias are another form of anxiety disorder where a person has an irrational and often overwhelming fear of a situation or object. We cannot always pinpoint why people develop phobias, but sometimes there is an obvious experience that triggers them. If you were robbed in the past, for example, you are more likely to feel anxious about going outdoors and mixing with people in fear that an attack might happen again. What might cause or trigger an anxiety disorder?

Environmental factors such as living with anxious people or being raised by anxious parents are more likely to make you more anxious. Underlying medical conditions like thyroid illness and B12 deficiency can affect your emotions and stress level.

There is evolving research about the role of vitamin D, and there may be a link to anxiety and vitamin D deficiency.

Certain medications, like birth control, may play a role in increasing anxiety in a person.

There also appears to be a genetic predisposition which was found through conducting “twin studies.” Twins who were raised separately and did not live together in the same household were shown to demonstrate similar degrees of anxiety to different situations and experiences.

So what can you do?

You can start by reducing or even eliminating coffee and other stimulants (e.g., weight loss supplements, caffeinated soda) as they have been linked to increased anxiety. Regular exercise has also been shown to help.

Breathing exercises can help, especially deep breathing techniques like diaphragmatic breathing.

Herbal teas such as chamomile and hibiscus have not been adequately studied but can be helpful and harmless interventions.

Very importantly, take time to do things that you enjoy! Go fishing like you used to, goof off with your children, change your surroundings when you can, and just take a moment to enjoy the little pleasures of life.

If you are still having trouble, talk to your doctor. Some studies have shown that people struggle with anxiety for about five years before seeking help – that’s a long time to deal with these feelings on your own! Your doctor can screen for any underlying illness and perhaps may recommend psychotherapy, which has been shown to be very helpful in the treatment of anxiety. Medications also play a role, and can be helpful, just ask your doctor for advice and guidance.

## **Tufts Medicare Preferred Information Table**

Thursday,  
January 15, 2015  
10:00 am to 12:00 noon

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

## **Personal Computer/ Tablet Assistance with Pierre**

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## **CTI Bone Builders Class**

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*





## CTI — YOUTHBUILD VOLUNTEERS

Preparing to distribute GIFTS for VETERANS are members of the VFW Post 662 (Ladies Axillary) from left: Susan Long, Eric Lamarche, Donna Tevepough and her husband Jerry, Connie and Joseph Dussault. Below left are Shirley Keirnan, Connie Dussault Santa Jerry, Kart Parent, Donna Tevepough and Susan Long.



Enjoying the Season — Below are Margaret McAnespie and Eileen Golden are all smiles.



*Above* — All smiles, and who not when Santa is in the room? From left, are Council on Aging Board Chairman Billy Sheehan, Kim Stevens, Ronald “Tiny” Tynan and Becky Andrews.

*Above right* — All filled with delight to meet Santa (“Tiny”) are the two smiling ladies Sandy Breen and Doris Jacques.

*Immediate right* — Two jolly helpers Ellen Clegg and Francisco Rodriguez join in the festivities of the Annual Council on Aging Christmas Party at the Lowell Senior Center.

**Photos by  
Arthur Toupin, Michelle Ramalho,  
Joe Vallente, & John R. Lawlor.**







## Getting Fit & Staying Fit with instructor Marion Silk

In attendance: Elaine Lawler, Irene Langlois, Jan Sandberg, Judy Hebert, Mary Tynawicz, Rose Marie Bonin, Martha Doherty, Theresa Santos, A. B. Higgins, Donna Smith, Teri Crever, Linda Colburn, Judy Digion, Kathy Akashian, Clara Stupakewicz, Cathy St. Peter, Geni Powers, Elizabeth Jarrett, Kay Agnatovech, Larice Ansara, Elaine Ross, Joan Dowgos, Nina Pawlowtca, Fran Vadeboncouer, Claudette Coto, Connie Stourie, Barbara Haer, J. Parent, Beverly Gonsalves, Nina H., Eleanor Sullivan, Pat Quigley, Liz Peterson, Carol Hollbrook, Nancy Beane.

Also part of the group: Ruth DePaulis, Theresa Silva, Terry Clark, Gean DePalma, Dottie Lemay, Terry Diaz, Mary Abraham, Yvette Ansara, Gloria Brooks, Kittie Henry, Judy Lambroukos, Barabara Farant, Pat Egan, Evelyn Miller, Jeanne, Pru, Judy, etc

We apologize if we missed anyone and BIG apologies to the any misspelling of names!





*Left:* Members of the Senior Center Choral Group at the annual Mayor & City Manager's Holiday Open House



*Right:* Lowla the Polar Bear hugs COA choral member Rudy Boehm



*Left:*  
Mr. &  
Mrs.  
Santa  
Claus  
(Michelle Ramalho and Mr. O'Beirne)



*Above Right:* Volunteer Coordinator Audrey McMahon, Mrs. Claus and Library Annex COA Volunteer & Photographer Arthur Toupin.



←—*Left:* "Sparky" The Firedog

*Right:* —→ Holding the "Best Hosted" trophy are Joseph Vallente and LCOA Executive Director Michelle Ramalho. The prize will be shared between the Council on Aging and the Waste Water Department.





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# **SPONSORS**

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[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## Tai Chi

The Oriental Healing Arts Association (OHAA) is bringing their trademark Tai Chi program to the Lowell Senior Center starting in January. The program is called "Senior Friendly & Senior Safe Tai Chi". Tai Chi is a mind-body wellness activity practiced in China for centuries but is still relevant to today's seniors with our modifications.

The Friday classes will start at 10:00am on January 2 and cost \$3/class. Our instructor Greta Nilsen will teach this class. The Tuesday classes will start at 10:15am on January 6 and will be taught by Robert Cormier. For this class, we would prefer prior registration for an 8-week session. The cost will be \$24 for the eight-weeks. Walk-ins are possible for this class but the cost will be \$5.

Both classes will feature a Qigong warm-up, drills to improve balance and strength and the modified Yang Style Tai Chi form. This is the most popular style in the world today. After extensive research and development by our experienced headmaster, our program is easy to learn and safe for seniors with varying abilities.

If you've made a New Year's Resolution to improve your health and reduce your risk of falling in 2015, Tai Chi is an excellent place to start.



### Health Benefits include:

Improvements in Balance  
Reducing Stress  
Improving Sleep

Reducing the Risk of Falling (by around 50% in multiple studies)  
Increased Strength, Flexibility and Range of Motion  
Lowering Blood Pressure

Come see us on Tuesday or Friday or better yet, both days. Also visit us on the web at [www.wusu.com](http://www.wusu.com).